

## DAN TEST REQUIREMENTS FOR TWO RIVERS AIKIKAI



### Shodan

300 hrs. of training since last test and instructor's permission  
Test is taken with one uke.

Suwaru Waza:

Shomenuchi Ikkyo to Gokyo omote & ura

Hanmi Handachi:

Ushiro Ryokatatori 5 techniques  
Shomenuchi Irimi Nage ura  
Shomenuchi Shiho Nage omote

Tachi Waza: 5 techniques should be throws

Gyaku Hanmi Katatatori 5 techniques  
Ai Hanmi Katatatori 5 techniques  
Ryokatatori 5 techniques  
Katatori Menuchi 5 techniques  
Yokomenuchi 5 techniques  
Morotetori 5 techniques  
Shomenuchi 5 techniques  
Ryotetori 5 techniques  
Tsuki 5 techniques  
Ushiro Tekubitori 5 techniques  
Ushiro Ryokatatori 5 techniques  
Ushiro Kubishime 5 techniques  
Koshinage\* from any attack 5 throws

Henkawaza:

from Yokomenuchi Shihonage 5 techniques

Kaeshiwaza:

from Shomenuchi Nikkyo Ura 5 techniques

Tanto Tori: 5 techniques

Tachi Tori: 5 techniques

Jo Tori: 5 techniques

Jo Nage: 5 techniques

Jo vs Jo 5 entries against tsuki

Randori – jiyu waza from any attack with 4 ukes

### Nidan

600 hrs. of training since last test and instructor's permission  
Test is taken with two ukes.

Suwaru Waza:

Yokomenuchi Ikkyo – Gokyo omote & ura

Hanmi Handachi:

any attack from in front or behind 5 techniques

Tachi Waza: 5 techniques should be throws

Same attacks as on shodan test 5 techniques

Gyaku Yokomenuchi 5 techniques

Koshinage\* any attack 5 different throws

Henkawaza:

from Shomenuchi Iriminage 5 techniques

Kaeshiwaza:

from Tsuki Kotegaeshi 5 techniques

Tanto Tori: 2 ukes with tanto 5 techniques

Tachi Tori: 2 ukes with bokken 5 techniques

Jo Tori: 2 ukes with jo 5 techniques

Jo Nage: nage holds the jo 5 techniques

Bokken vs bokken 5 entries against shomenuchi

Randori jiyu waza with 5 ukes

### Sandan

700 hrs. of training since last test and instructor's permission  
Test is taken with three ukes.

Suwaru Waza:

Jiyuu Waza from any attack 20 throws

Hanmi Handachi:

Jiyuu Waza from any attack 20 throws

Tachi Waza:

Jiyuu Waza from any grab in front 20 throws

Jiyuu Waza from any grab behind 20 throws

Jiyuu Waza from any strike 20 throws

Randori:

Jiyuu Waza from any attack 20 throws

Koshi Nage\*:

8 different koshinage throws from any attack

Henka Waza:

3 ukes 10 throws

Ikkyo from any attack changed to a throw

Nikkyo from any attack changed to a throw

Shihonage from any attack changed to a throw

Kotegaeshi from any attack changed to a throw

Iriminage from any attack changed to a throw

Tenchinage from ryotetori changed to a throw

Kaitennage from any attack changed to a throw

Kaeshiwaza:

a reversal of any basic technique from any attack

Weapons:

3 ukes with 1 tanto, 1 bokken & 1 jo – any attack

Jo Nage: nage holds the jo with 3 attackers

Bokken vs Jo:

1 uke with bokken strikes shomenuchi vs jo

Please consult the dojo's glossary for definitions of terminology used for these examinations.

Koshi Nage\* throws include: o goshi, ko goshi, hajiki goshi, koshi garuma, suribe goshi, shiho goshi, uki goshi, ukashi goshi, kote hineri koshi nage, juji goshi, maki komi goshi.